The West Virginia Department of Health and Human Resources, Bureau for Public Health (BPH) continues to respond to the novel coronavirus disease (COVID-19) in West Virginia. BPH is working closely with communities, state agencies, local and federal partners to monitor the ongoing risk of COVID-19 and ensure the health and protection of all individuals in West Virginia.

If you have tested positive for COVID-19 or are suspected of having COVID-19 because an exposure to a person with the virus (known as a close contact), you can help prevent the disease from spreading to others by notifying your own close contacts and following the guidance below.

SPREAD THE WORD, NOT THE VIRUS

- Notifying your own close contacts of their exposure to COVID-19 can limit the spread in the community.
- An infected person can spread COVID-19 starting 48 hours (or two days) before the person has any symptoms or tests positive.
- Creating a list of everyone you have been around including the 48 hours prior to symptom onset or testing positive may help you in making the appropriate notifications.
- Encourage your close contacts to get tested between 5-7 days after exposure.
- Inform your close contacts they should quarantine in their home for 14 days, beginning with the last day of exposure to you. They may check with their local health departments for information regarding options to possibly shorten the quarantine period. Please see DHHR's Guidance on Releasing Contacts From Quarantine for further details.
- Remind your close contacts to stay home and away from others and monitor their health for symptoms of COVID-19.
- Critical infrastructure workers may be permitted to continue work following an exposure, provided they remain asymptomatic and additional precautions are implemented to protect them and the community. If you are a critical infrastructure employee, you should refer to your return to work guidelines.
- Inform your close contacts that should they develop symptoms to notify their local health department immediately.
- By letting your close contacts know they may have been exposed, you are helping protect everyone.

CLOSE CONTACTS

- A close contact is defined as any individual within six feet of an infected person for a total of 15 minutes or more within a 24-hour period.
- Close contacts are also defined as:
  - Having direct physical contact with someone (hug, kiss, handshake).
  - Having contact with respiratory secretions (cough, sneeze, contact with dirty tissue, drinking glass, or personal items).
  - Living with or having spent the night with someone.
- You will still be considered a close contact in the above instances even if you are wearing a mask.

ANSWER THE CALL

- Someone from the local health department may contact you to check your health status and/or discuss your close contacts.
- During the call with the local health department, it is very important to let them know who you have identified as a close contact.
- Discussions with the local health department regarding your personal medical information will be confidential. Your name will NOT be shared.
- Beware of scam attempts: the local health department will not ask you for a credit card or for any other financial information.

ISOLATE YOURSELF

If you have confirmed or suspected COVID-19 and **HAVE SYMPTOMS**, you can stop your home isolation when:

- You have been fever-free for at least 24 hours without the use of fever-reducing medication; **AND**
- Your symptoms have improved; **AND**

- At least 10 days have gone by since your symptoms first appeared.

If you have tested positive for COVID-19 but **HAVE NOT HAD ANY SYMPTOMS,** you can stop your home isolation when:
- At least 10 days have gone by since the date of your first positive COVID-19 test.

For additional information, please visit:
https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

Questions and concerns can also be directed to the 24/7, toll-free COVID-19 information hotline:

1-800-887-430